

Physical Development

and its Bearing on Health and Strength.

By GEE.

EFFICIENCY OF EXERCISE ON DIGESTION.

(Concluded)

Good Lung Exercise.—Stand erect with the arms thrown back over the head, inhale slowly through the nose, forcing the inhalations to the last, until the lungs are filled with air. Keep the chest well thrown out to encourage expansion. Hold the inhaled air for a few seconds, then draw the mouth and let the air exhale. To assist exhalation the arms may be brought forward of the body and the chest allowed to assume its normal position. This exercise should be done in the open air or in a room where the air is pure, and may be indulged in from two to three times a day. A gentle patting of the chest muscles assists their development.

Children's Deformities.—One of the common deformities amongst school youths is stooping, by which the habit of carrying the trunk bent forward, so that they are not in a line with the rest of the body column. A most evil consequence of this position is the compression, resulting in contraction, of at least imperfect development, of the upper part of the chest. With this kind of deformity may be classed, as a more exaggerated form, the various degrees of spinal curvature, often due to weakness of the dorsal muscles or to unbalanced or unregulated growth. Rapid growth in height, if unaccompanied by corresponding development, is not only a misfortune in itself, but the source of many other physical

evils. Thus, for instance, we sometimes see lads at school growing at the rate of six or eight inches per year. Even the smaller of these additions to height, if so rapidly attained, is incompatible with fair development and robust health, because the whole formative power of the body is expended in furthering one process—that of upward growth. A marked phenomenon of this rapid increase in height is the scanty expansion of the chest which takes place during the process. A boy or girl who has thus "outgrown his or her strength," as it is frequently called, may exhibit a chest which runs up from the waist without any expansion whatever, whilst the shoulders fold round toward the front and the head stoops forward from the base of the neck, the spinal column seldom retaining its natural erectness. The thorax has even been known to actually diminish in circumference, as if it were tightened up by extreme elongation of the general frame. The true cause of these displacements is often, if not always, to be found in neglect of proper exercise for the muscles, which hold the parts in their due relationship to each other. Dwarfed or stunted growth, and growing on one side, are distressing examples of imperfect development, which can often be cured or vastly improved by duly regulated exercise.

Evils of Over Exercise.—Systematic exercise implies that no muscle or organ should be overtaxed or exhausted. An exhausted muscle has its nutrition seriously impaired, and it may take days to overcome the effect of twenty-four hours of overwork. Excessive exertion in walking, running or leaping is liable to bring on enlargement of the veins of the legs, and sometimes to produce hernia or rupture, especially in those with an hereditary tendency thereto.

PRIME ELEMENTS OF MODERN PHYSICAL CULTURE.

Essence of Physical Culture.—Some persons decry Physical Culture because they associate it with athletics, and by athletics they see nothing but brutal boxing, wrestling and other so-called sports. The above and other like sports have their place, and should be encouraged, in so far as they contribute to physical culture and development, dissociated with their excesses. In this respect physical culture embraces them, but in this respect only, for it has far wider scope and loftier purposes than mere athleticism. The ancient Greeks indulged in athletics and wonderful stories are recorded of their feats in wrestling, running, jumping and throwing the discus. But in those exercises they sought more than personal triumphs. They sought to make a race of fine physical men, and thereby assure to their nation the possession and exercise of other qualities which would distinguish it, and make it potent in art, science and commerce and other possibilities. To them well applied the motto and principle of "mens sana in corpore sano," a sound mind in a sound body. Physical Culture was with them both a bodily and mental process or exercise, a blending of developments, a true, normal association of systems calculated to evolve the well equipped man. And so it should be to-day. So it is when physical culture is well understood and practised. Its agents are manifold, and suited to every disposition and physical characteristic. There is no earthly excuse for anyone to neglect every-day cultivation of his body, and the consequent achievement of greater things in all the avenues of the wide world's work.

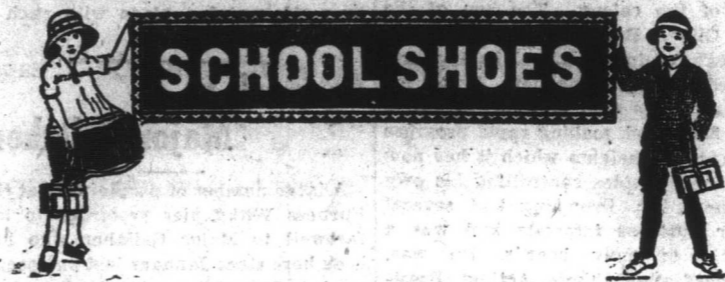
Uneven Development.—All special exercises should be regarded as part of general exercises, unless one be in training for a specific object. If exercise is specialized, when the above object is not in view, there is danger of developing a muscle-bound condition. All voluntary muscles of the body are in pairs. They oppose each other, and when one is used for effecting a certain motion, the opposite one is used for a counteracting motion. The biceps muscle of the upper inside arm is used for bending it at the elbow. The triceps muscle of the upper outside arm is used to straighten it out again. Now, if the biceps be developed by exercise at the expense of the triceps, it will grow so strong as to constantly want to perform its function, that is of drawing up the arm. It is a law of physiology that a muscle thus in a state of contraction will gradually shorten. Its accompanying tendons will do the same. Eventually the arm will become muscle-bound. The development of the two important muscles of the arm—biceps and triceps—has been uneven, one at the expense of the other. The same may occur with any set of muscles. The condition is embarrassing, and contrary to all the laws of perfect development, and all the uses of healthy, natural and rational exercise. Competent gymnastic instructors watch such conditions, and provide means of over-coming them. But this is also possible with anyone. The best cure is to avoid them, by a general and even system of exercise.

Insomnia.—We have witnessed the beneficial effects of exercise upon that distressing and all too common disease, dyspepsia. An allied, if not a consequent, disease, and surely one equally distressing, is insomnia—sleeplessness. It may not always be a symptom of definite disease, but it is almost surely an evidence of disturbed health, either physical or mental. The exceptions are those cases where there is suffering from intense pain, as of a wound or a toothache. Here the cause is plain, and the treatment equally so. But neither cause nor treatment is so plain in those cases of sleeplessness which are due to general disturbance of the system. To absolutely close the mind on retiring against everything but the determination to go to sleep has been proposed as an efficacious remedy for sleeplessness. But this requires an exercise of will-power often impossible, and especially at a time when will-power is at a discount by the very bodily conditions which provoke insomnia. Moreover, it is contended that the mere fact of a determination to go to sleep will have the opposite effect.

(It is the writer's intention later on to give a treatise on the power of concentration, and if readers find it difficult to carry along in their present form, they would act wisely by putting these to a severe test when published.)

A Physical Cure.—It is almost universally accepted that a good, if not the best, cure for insomnia is physical exhaustion of the body; that is, the bringing about of such a bodily condition as is best described by "tired," sufficiently tired to make one glad to lie down, and to feel that the best thing that could afford relief, would be a good, long, sound sleep. To bring about this physical condition, some prescribe a long walk before retiring, others a variety of exercises, but nothing answers better than a determined bout with the dumb-bells, forgetting everything but the effect of their use upon the muscles. The mind will thus be

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Girls' Black Calf Blucher Boots . . \$2.75

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Girls' Black High Cut Laced Boots . \$3.75

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(Former price \$5.70.)

Girls' Black Calf High Laced Boots . \$3.50

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Girls' Tan Kid Button Boots . . . \$2.95

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Girls' Black Kid Button Boots . . \$2.75

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Bishop Feild College

WILL RE-OPEN AT 9.30 ON SEPTEMBER 13TH.

STAFF.

Headmaster: R. R. Wood, Esq., B.A. (Hons.), Camb.

Assisted by I. J. Samson, Esq., A.A.; George House, Esq., A.A.; C. E. A. Jeffrey, Esq., A.A.; L. L. Colley, Esq., A.A.; A. LeD. Gardner, Esq., A.A.; Specialist in Science, to be appointed later; Miss Joyner, M.A. (Hons.), St. Andrew's; Jas. Murdock, Esq., Art-Teacher's Certif. and R.D.S. (Manual Training); H. W. Stirling, Esq., A.L.C.M., Music; the Rev. H. L. Pike, Divinity.

New pupils can be registered at the Headmaster's Residence (entrance Bond Street) on the 12th, from 10 to 1.

Field Hall, under the care of the Rev. H. L. Pike, Warden, and Mrs. Frank Colley, Lady Matron, is the home provided for boarders. Applications for admission to the same should be addressed to the Warden at once.

All arrears of fees must be paid before admission.

Bishop Spencer College!

The Directors of the C. of E. College announce that Bishop Spencer College will re-open on Wednesday, September 14th, at 9.30 a.m.

The Staff is as follows:—

Principal: Miss A. M. Richards, B.A., Lond., of Sch. of Geog., Camb. Teacher's Certif.

Assisted by Miss Weatherhead, B.A., Teacher's Diploma, Liverpool (English and History); Miss Clarke, Paris and Lausanne (Modern Languages); Miss Reith, N.F.U., Higher Teacher's Certif. (Science); Miss Allen, A.A., Miss Roll, A.A., Miss Hele, C.T., Miss Parie, N.F.U., Teacher's Certif.; Miss Steed, London Univ.; Miss Sharpe, C.T.

Visiting Teachers: Miss Joyner, N. A. Hons., St. Andrew's (Classics); Miss Bremner, Needlework; Miss Kelly, Art; Rev. H. L. Pike, Divinity; Mr. H. W. Stirling, Music; Miss Furneaux at School of Cookery.

The Principal will receive names of new girls, and of boys of eight years and under for the Preparatory Department, on Tuesday morning, September 13th, at the College, between the hours of 11 and 1 o'clock, and on Wednesday morning.

Spencer Lodge will re-open on Tuesday, September 13th.

Miss A. M. Richards will act as Superintendent and Miss Tessier as Lady-Matron. On the arrival of the "Sachem", Miss Clarke, who has already had experience of this side of the Atlantic at Edgehill and Haverhill, will take charge of the discipline at Spencer Lodge.

As space is limited in the Lodge, intending boarders must apply at once either to Dr. W. W. Blackall, or to Miss A. M. Richards, Spencer Lodge.

All arrears of fees must be paid before admission.

High Prices.

Editor Evening Telegram.

Dear Sir,—As the question when will the prices come down is of vital importance at the present time, I would ask you to give this letter a place in your highly esteemed paper, which has certainly stood behind the public during the darkest hours of our history. Sir, we have the farmer, the coal dealer, and the haulers of the latter, the wholesale dry goods man, wholesale provision man, and the retailer, all putting forth every effort to keep up high prices, for their wares. Wages alone have been reduced, in many cases 20 per cent. You will meet the farmer and he will say, "Well, mister, everything is shocking high; the merchants are charging the highest price for everything." There is nothing said about himself, except he may tell of the hardships of delivering milk during the winter time. Well we all know about the winter weather of Newfoundland, but it is no harder for the farmer than for the sailor, who

High Prices.

Editor Evening Telegram.

may have to stow in the gaff topsail. The farmer may stay at home, if the weather is too bad, and many do, but the man who buys his produce must get out and earn the money. It is a shame that these farmers do not lower the cost of their produce, especially milk. Last year they said the price of feed was practically cut in half. They would have to go out of business if they did not get higher prices. The Food Control Board allowed them to put up the price of milk, but it did not see to it that it came down when the price of feed was practically cut in half. The next man is the butcher; he is still charging war prices for his meat, and why so, in view of the fact that the price of cattle is now very much cheaper than a year ago. The shoemaker for patching shoes, the tailor for making clothes, the barber for a hair cut, the undertaker for funeral necessities, are all adhering to war prices. The workman has had to come down in his wages, and it is up to everyone else to do likewise. We know that the extra taxation does not warrant the exorbitant prices that we are being charged. It was "grind down the poor" that caused the revolution in France in 1870, and I fear that we in Newfoundland are drifting to that end. Before it is too late, the Government, through the Profiteering

High Prices.

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diverted, but in addition the exercise will relieve the sordid blood-vessels of the head and neck, a condition attendant on sleeplessness, and often the cause of it. When sufficient of this kind of exercise has been taken to divert the mind and tire the body, it should terminate in a sponging down with cold water, and an immediate retiring to bed. The sponging should especially embrace the head, forehead and neck. If one is already tired by a hard day's work, and there is no further need for a course of exercise, the cold sponge bath may, of itself, prove all that is requisite. Should this fail of intended effects, resort may be had to a course of muscular exercises in bed. Extend and contract determinedly the muscles of the arms, then of the legs and so pass over the whole muscular system, keeping the mind on the work, and remote from every source of worry. Add to the strictly muscular exercise any determined movements that may occur, such as turning the head and neck, raising head and body, stiffening out of body and limbs, etc. The mind always keeping pace with the motion. Insomnia did not come on you in a night or a week. You cannot cure it except by a persistent battle. As in the case of concentration a full series of exercises for the cure of Insomnia will be published in this column, and the writer guarantees that the night's sleep will be attained before the course is finished.

(To be continued)

